LUMISCOPE®

A Graham-Field Brand

Semi-Automatic

Blood Pressure Monitor

NOW with Date & Time

Model 1103

GF Health Products, Inc.
Atlanta, Georgia 30360

Made and Printed In China

User Manual

1103-INS-LAB-RevA08

Two Year Limited Warranty

GF Health Products, Inc. guarantees this product free from defects in material and workmanship for a period of two years from the date of purchase, except as noted below:

This product warranty does not cover damage caused by misuse or abuse, the attachment of any unauthorized accessory, alteration to the product, or any other conditions whatsoever that are beyond the control of GF Health Products, Inc. GF Health Products, Inc. shall not be responsible for any type of incidental, consequential, or special damage. All implied warranties, including, but not limited to those implied warranties of fitness and merchantability, are limited to the total duration of two years from the original date of purchase.

To obtain warranty service on your Blood Pressure Monitor, please contact our Repair Department at 1-800-672-8293.Upon receipt, GF Health Products, Inc. will repair or replace, as appropriate, this blood pressure monitor and return it to you. Service of this product by anyone other than GF Health Products, Inc. voids warranty.

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Introduction

Congratulations on your purchase of the new Lumiscope Model 1103. This semi-automatic blood pressure monitor is both easy-to-use and ideally suited for daily measurements. The large display includes systolic blood pressure reading, diastolic blood pressure reading and the pulse rate, all clearly shown at the completion of each reading.

You can store up to 85 measurements, ideal for users who want to monitor and track their blood pressure on a regular basis. The 1103 is compact and portable, making it perfect for home use and travel.

Blood pressure measurements determined with your 1103 are equivalent to those obtained by a trained observer using cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard, Electronic or Automated Sphygmomanometers.

Please read this manual carefully before use. For specific information on your own blood pressure, contact your physician. Please be sure to keep this manual.

Specifications

Model	: 1103
Display System	: Liquid Crystal Display
ON/OFF source	: 4 "AA" Alkaline batteries
Measurement Method	: Oscillometric
Measurement Range	: Pressure: 20~300 mmHg Pulse: 40~200 beats/minute
Accuracy	: Pressure: ±3 mmHg Pulse: within ±5% of reading
Inflation	: Inflation Bulb
Pressure Exhaust	: Manual release valve
Memory	: 85 sets
Low Battery Indicator	: Yes
Auto shut-off	: 3 minutes after last key operation
Battery Life	: Around 2000 operations
Operating Environment	: 10˚C~40˚C (50˚F~104˚F) < 85% RH.
Storage Environment	: -10˚C~50˚C (-4˚F~122˚F) < 85% RH
Weight	: Approximately 259g (.57 lbs) with batteries
Arm circumference	: 8.5" ~ 14"
Dimensions	: 5.5" (L) x 3.9" (W) x 2.9"(H)

*Specifications are subject to change without notice.

Troubleshooting

Message	Correction
LL Err	The pressure measured was lower than 20 mmHg. **Solution: Please measure again.**
UU Err	The pressure measured was higher than 300 mmHg. **Solution: Please measure again.**
P Err	Pumping error. **Solution: Please check cuff and try again.**
rr Err	The pressure can not be measured due to signal noise. **Solution: Please measure again.**
HI	The pumping pressure is higher than 300 mmHg. **Solution: Please measure again.**
	Low battery. **Solution: Check and replace the 4 batteries if necessary.**

About Blood Pressure

What is Blood Pressure?

Blood pressure is the pressure exerted on the artery tube while blood flows through the arteries. The pressure measured when the heart contracts and sends blood out of the heart is systolic (highest) blood pressure. The pressure measured when the heart dilates with blood flowing back into the heart is called diastolic (lowest) blood pressure.

Why Measure Your Blood Pressure?

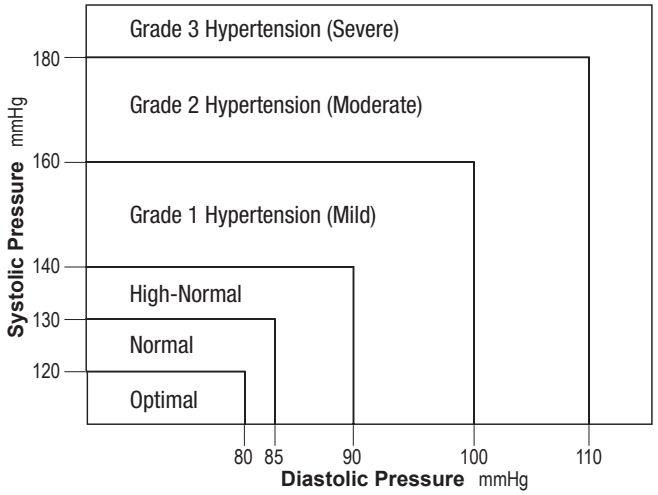
Among the various health problems afflicting people today, problems associated with high blood pressure are by far the most common. High blood pressure's dangerously strong correlation with cardiovascular disease has made measuring blood pressure a necessity for identifying those at risk.

About Blood Pressure

Blood Pressure Standard

The World Health Organization (WHO) and National High Blood Pressure Education Program Coordinating Committee have developed a blood pressure standard, according to which areas of low and high-risk blood pressure are identified. This standard, however, is a general guideline and blood pressures vary between different people, age groups, etc.

It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk.



Care & Maintenance

Do not drop the unit. It's not shock proof.	
Do not modify or disassemble the unit or the arm cuff.	
Use a cloth moistened with water or neutral detergent to clean the body of the unit. Then wipe it dry.	
Avoid thinner, benzene and other harsh cleaners.	
Keep the unit in a suitable place. Avoid high temperature, direct sunlight, high moisture and dust.	
Remove the batteries if the unit will not be used for a long time.	

Clock Settings

Setting the Clock, Date & Time

A. Press and hold the “MEMORY” button for over 3 seconds. The display will show a blinking year. Press the “ON/OFF” button to adjust the year when it’s blinking.

B. Press the “MEMORY” button again. The “MONTH” will appear and blink to be adjusted, the “DATE”, “HOUR” and “MINUTE” will follow as you press and release the “MEMORY” button.

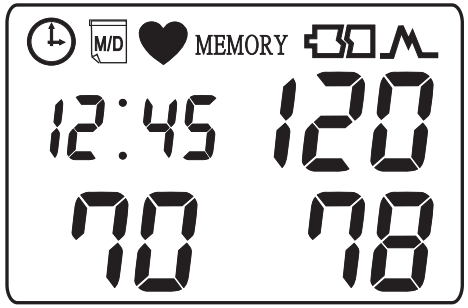
C. Press the “ON/OFF” button to adjust the values of the “MONTH”, “DATE”, “HOUR” and “MINUTE” when they are blinking.

Parts Identification

1. **ON/OFF**	5. **LCD Display**
2. **Memory Select**	6. **Air Release Valve**
3. **Air Tube with Connector** (Connector not shown)	7. **Battery Compartment**
4. **Arm Cuff**	8. **Inflating Bulb**

Display Symbols & Explanations

Display Symbols



Systolic Pressure

Diastolic Pressure

Pulse Rate

Display Explanations

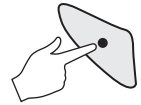
	Low Battery Indicator: Appears when the batteries are low or need replacement
	Pulse Symbol: Shows the pulse rate per minute
MEMORY	**Memory:** Holds memory readings for up to 85 readings
	Time: Shows the time of each reading.
	Date: Shows the exact date (month and day) of each reading.
	Smart Logic Function: Measures the diastolic pressure first, systolic pressure second.

Deleting the Memory

To delete the memory

1. To delete one memory:

A. Press the “MEMORY” button to display the record that you wish to delete.



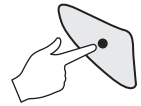
B. Press and hold the “ON/OFF” button until the display shows “DEL”.

C. Once the “DEL” has been displayed, press and hold the “ON/OFF” button again. After 3 beeps, the selected record has been deleted.

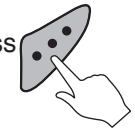
2. To delete all memories:

Follow **steps A** and **B** above

C. Press the “MEMORY” button until the display shows “DEL ALL”.



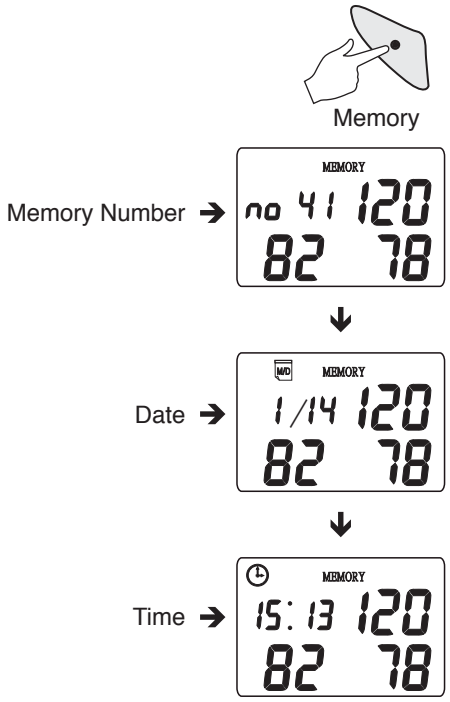
D. Once the “DEL ALL” has been displayed, press and hold the “ON/OFF” button again. After 3 beeps, all records have been deleted.



Memory Recall

To see the previously measured values

A. Press the “MEMORY” button to recall the last reading. The LCD display will show the memory number, actual date and time simultaneously of the measurement.



B. To view additional readings, push the "MEMORY" button successively to go through the various readings. (1~85).

Installing the Batteries

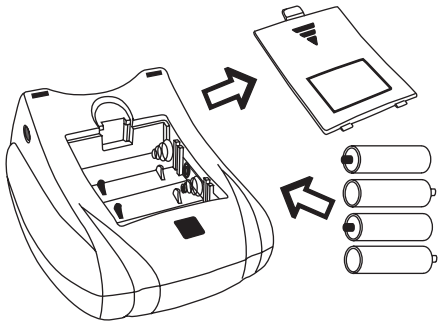
To insert the batteries

A. Press down on the latch and lift the cover towards you to open the battery compartment.

B. Insert 4 "AA" batteries as indicated. Make sure to match polarities (+, –) on the batteries.

C. Replace the battery cover by inserting the two hooks at the bottom into the slot, then push on the top area.

Note: Please remove batteries when not in use for an extended period of time. Do not dispose batteries with household garbage.



Correct Measuring Posture

A. Place your elbow on a table so that the cuff is at the same level as your heart.

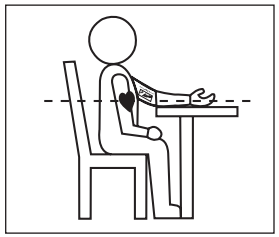


Fig. A

Note: The level of your heart is slightly below your armpit.

Relax your entire body, especially the area between your elbow and fingers.

B. If the cuff is not at the same level as your heart or if you can not keep your arm completely still throughout the reading, use a soft object such as a folded towel to support your arm.

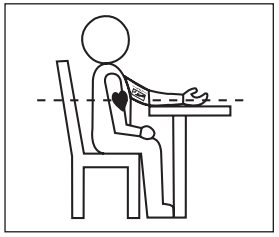


Fig. B

C. Turn your palm upwards.

D. Sit upright in a chair, and take 5-6 deep breaths.

Note: Avoid leaning back or crossing your legs while the measurement is being taken. (Fig C)

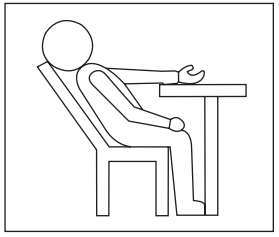
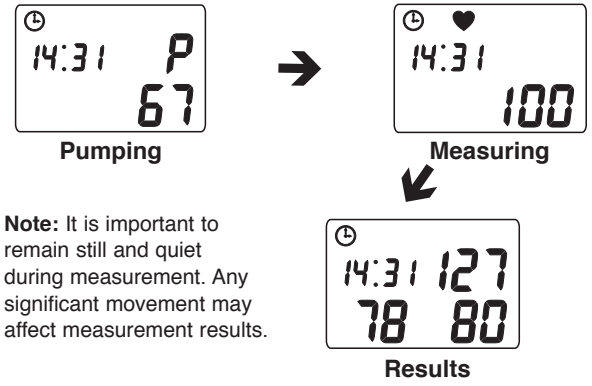


Fig. C

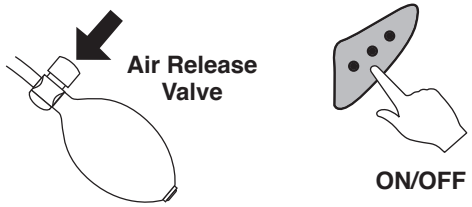
Measurement Procedures

C. After the cuff pressure reaches the recommended pumping value, allow the unit to release gradually while performing the measurement.



Note: It is important to remain still and quiet during measurement. Any significant movement may affect measurement results.

D. Once the measurements have been displayed, press the air release valve to automatically deflate the cuff. Then press “ON/OFF” button to turn off the unit or it will automatically shut off after 150 seconds.

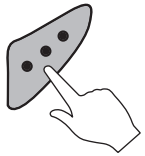


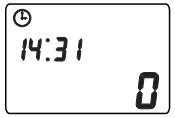
Measurement Procedures

To start the measurement

Note: In order to get your correct measurement result and, to avoid erroneous measurements, you should be seated quietly.Your arm, hand, and fingers should be still during the measurement procedure.

A. *You must depress the knob on the inflation bulb to release the air inside the cuff before each measurement.*
Press the “ON/OFF” button. The display will initially show a flashing “0”.





Flashing “0”

Initial Display

B. After the “0” stops blinking, start to pump the inflation bulb several times until the reading reaches the recommended pumping value. (See below).

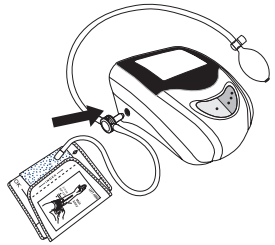
Patient’s Blood Pressure Range	Recommended Pumping Value
< 150 mmHg	180
150~179 mmHg	210 or higher
180~209 mmHg	240 or higher
>210 mmHg	270 or higher

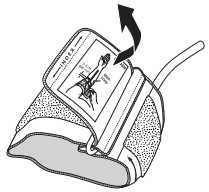
Applying the Cuff

To apply the cuff

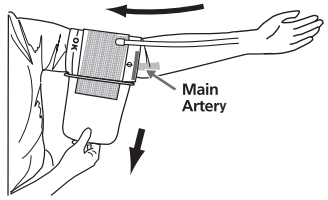
A. Plug the end of the tubing on the cuff into the connector at the base of the monitor.

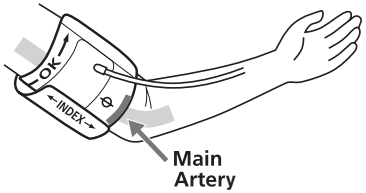
B. Unwrap the arm cuff leaving the “Index” end of the cuff through the D-ring of the cuff.





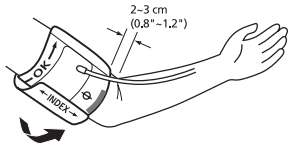
C. Remove any clothing that restricts your upper left arm. Wrap the cuff around your upper left arm. The rubber tube should point in the direction of your hand. Position the artery mark over the main artery (on the inside of your arm) in the upper arm.



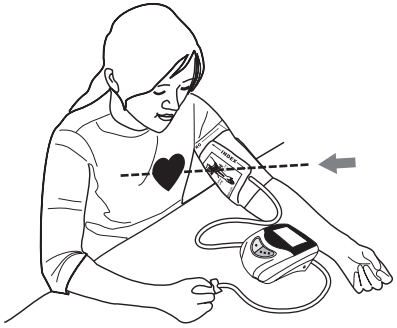


Applying the Cuff

D. Turn your left palm upward and place the edge of the arm cuff at approximately 1-2 inches above the inner side of the elbow joint. Tighten the cuff by pulling the end of the cuff.



E. If the Index line falls within the OK range indicated at the edge of the cuff, this cuff is suitable for your use. If the Index line falls out of the OK range, you may need a special cuff for measurement. Please contact our service department at 1-800-672-8293 for more information regarding additional cuffs.



Note: To locate the main artery, press two fingers approximately 1-2 inches above the bend of your elbow on the inside of your left arm.

Helpful Tips

Here are a few helpful tips to help you obtain a more accurate reading.

A. Do not measure your blood pressure immediately after consuming a large meal. To obtain more accurate readings, please wait one hour before measuring.

B. Do not smoke or drink alcohol before measuring your blood pressure.

C. You should not be physically tired or exhausted while taking a measurement.

D. It is important that you relax during measurement. Take a 15-minute rest before a reading.

E. Do not take measurements if you are under stress or under tension.

F. Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.

G. If the monitor is stored at very low temperature (near freezing), place it at a warm location for at least one hour before using it.

H. Wait about 5 minutes before taking the next pressure measurement.